

Dialectical Behaviour Therapy for Young Adults (6 months)

Providing resources, education and clinical support to enhance the ability of young people to change self defeating patterns of thinking and behaving.

Who is the program for?

If you are a young person aged 16-25 years and have intense, unstable mood states, self-harm, and unstable relationships, this program may be useful for you in addressing your individual clinical needs.

Dialectical Behaviour Therapy (DBT) requires a strong commitment to therapy and may be useful for young people who have learned unhelpful ways of coping with stressful situations.

Program content

3 x 6 week modules:

- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness

Each module interspersed with 2 weeks of core mindfulness

About the program

This program is recommended to Young Adults who have completed the Introduction to DBT Young Adults, 12 week program and is run by a multidisciplinary treatment team. It is skill based and assists patients to tolerate intense feelings and learn to manage self harming behaviours often associated with Borderline Personality Disorder. DBT combines standard cognitive behavioural techniques for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance. DBT can be used to help people who experience symptoms of impulsivity, frequent interpersonal conflict, difficulty with emotional regulation, anger and poor coping in stressful situations.

When is it held?

Every Monday from 12:45pm to 4:00pm, over 6 months. Afternoon tea is provided.

How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund or choose to self-fund. We ask that participants confirm any applicable out of pocket or gap costs directly with Belmont Private Hospital.

How to join

A referral from a Psychiatrist with admission rights is required to access Belmont Therapy Programs Day programs.

For information on this program please contact the Belmont Private Hospital Day Programs Team. Phone 07 3398 0270 or email belmonttherapyprograms@aurorahealth.com.au